

## Spiritual Fitness Breakfast

There is nothing better than to start the day off with some great gospel music from the 12:30 WAAF Chapel Gospel Choir and devotional words from COL Johnny Mitchell. The Spiritual Fitness Breakfast was a joint effort of the 27th Transportation Battalion and the 19th Support Center. BG Halstead, COL Duffy, CH (COL) Robinson, LTC Stultz and LTC Kelly.

### **TITLE: Total Fitness: Spirit, Mind and Body**

(Spiritual fitness is part of the total fitness).

**I TIMOTHY 4: 7-8 “Having nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”**

**II PETER 1: 4-11 “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness, and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ”**

A. How do we become spiritually fit?

1. Bible Study
2. Consistent prayer life
3. Fellowship with Believers and learn to like people with different hang-ups.

B. What are the benefits of spiritual fitness?

1. Being effective and productive in one’s knowledge of Jesus Christ
2. Strength to endure the hardship of life
3. Power to overcome temptation
4. A positive attitude adjustment
5. Eternal walk with the Lord

C. Build your Spiritual Fitness:

1. Goals for Growth: Where do you want to be in 6 months or 6 years?
2. Seek His Will: What is God’s will for my life?
3. Seek His Wisdom: How do I become wise in the knowledge of the Lord?
4. Live a Godly life: Live as though God is leading your every step.

Thanks goes to CH (COL) Robinson for providing the outline of the devotion given by COL Mitchell.

## Pictures Follow



BG Halstead and LTC Stultz



COL Mitchell



LTC Kelly and CH Robinson



Gospel Choir



